

# Broccoli-Cheddar Frittata

Rating: ★

**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Makes:** 6 Servings

This egg dish provides a quarter cup serving of vegetables during breakfast and uses reduced-fat cheddar cheese and non-fat milk to limit fat. Prep and cook in about 30 minutes makes this recipe an easy breakfast for both the weekday or the weekend.

## Ingredients

- 1 package (10-oz) frozen chopped broccoli
- 1/4 cup** water
- 8 eggs
- 1/4 cup** nonfat or low-fat milk
- 2 teaspoons** prepared mustard
- 1 teaspoon** seasoned salt
- 1/8 teaspoon** pepper
- 3/4 cup** shredded reduced-fat cheddar cheese (3 oz)
- 1 tablespoon** Chopped green onion
- 1 small carrot, diced
- nonstick cooking spray

## Directions

1. Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	160	
Total Fat	8 g	12%
Protein	13 g	
Carbohydrates	3 g	1%
Dietary Fiber	1 g	4%
Saturated Fat	3 g	15%
Sodium	470 mg	20%

## MyPlate Food Groups

Vegetables	1/4 cup
Protein Foods	1 ounce
Dairy	1/2 cup

2. Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.
3. Coat same skillet with cooking spray; heat over medium heat until eggs are almost set, 8 to 10 minutes.
4. Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

## Notes

### Chef's Notes:

Broil option: After removing from heat, frittata can be broiled, 6 inches from heat until eggs are completely set and no visible liquid egg remains, 2 to 3 minutes.

Three ways to serve a frittata: Serve wedges right from pan, slide uncut frittata topside-up onto platter, or invert it onto platter to show its nicely-browned bottom.

### Materials:

10-inch skillet, Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.